

Hints & Tips on improving Self-Esteem



WHY IS SELF-ESTEEM IMPORTANT?

OUR SELF-ESTEEM AFFECTS THE WAY WE LOOK
AT LIFE

THE WAY WE SEE OUR SELVES

THE WAY WE INTERACT WITH OTHERS

OUR ABILITY TO LEARN

AND MOST IMPORTANTLY

IT AFFECTS OUR HAPPINESS.



WHAT CAN YOU DO TO MAKE YOURSELF FEEL GOOD?

- ◆ **ACKNOWLEDGE** at least one thing each day that you have done well.
- ◆ **REWARD** yourself for your effort rather than your successes.
 - ◆ **Have REALISTIC** expectations for yourself.
- ◆ **CONCENTRATE** on your abilities rather than focusing on your weaknesses.
- ◆ **Take an INTEREST** in learning new things and taking part in activities that make you feel good.



“Self-esteem isn’t everything; it’s just that there’s nothing without it.” Gloria Steinem